

Leafy Salad: Master Recipe

Equipment:



large bowl



scissors



bucket



salad spinner



2 clean tea towels



kitchen paper



chopping board



large knife



mortar and pestle



citrus juicer



tablespoon



metric measuring cups

Photos by Simon Griffiths and Desley Insall.

Equipment (continued):



whisk



tongs



salad bowls and
salad servers

Ingredients:



4 cups mixed
salad leaves
(whatever is ready
for harvesting
from the garden)



2 cups mixed
small leaves and
herbs (e.g. rocket,
beetroot, baby
spinach, sorrel,
mizuna, parsley)



croutons (optional)



edible flowers
(optional)

Classic vinaigrette dressing:



1 clove garlic



salt



1 lemon OR 1
tablespoon red
wine vinegar



$\frac{1}{3}$ cup extra
virgin olive oil



freshly ground
black pepper

What to do:



Fill a large bowl with cold water.



Tip all the leaves into the bowl to soak for a few minutes.



Tear the stems away from any spinach leaves. (Or if the leaves are very small, just cut off any long stems using scissors.)



Lift the leaves onto the draining board of the sink.



Tip the water into a bucket to use on the garden.



Rinse the bowl, then add fresh water and return the leaves to the bowl.



Swish the leaves again in clean water.
Lift out small handfuls at a time and
place them in the salad spinner.

Tear any very large leaves into smaller pieces.



Put any yellow or slimy leaves in the compost
bucket.

Working in batches, very gently dry the leaves
in the salad spinner.



Spread out the tea towel and line it with
a long piece of kitchen paper.



Tip the dried leaves onto the paper and
roll up gently into a parcel in the tea towel.



Keep the rolled parcel of leaves in the
refrigerator until needed.



Rinse and dry the bowl.



Practise your garlic peeling skills! Cut off the flat end of the garlic.



Carefully press the garlic clove under the flat side of the knife. Keep the sharp side away from you and keep your fingers up and out of the way.



The skin of the garlic should slip off easily.



Chop the garlic roughly, then place it in the mortar. Add a pinch of salt.

Pound the garlic and salt with the pestle until it becomes a paste.



Cut the lemon in half.



Juice one half of the lemon.
Add the juice to the mortar.



Stir the lemon juice into the paste with the tablespoon, then pour it into the large bowl.



Stir in the olive oil and add a pinch of pepper.



Whisk the dressing lightly to combine it. Taste and add more salt or pepper as you like.



Unwrap the parcel of salad leaves and tip them into the bowl with the dressing.



Very gently turn the leaves in the dressing with tongs or your hands.



Serve in a bowl and scatter with croutons or edible flowers.